

EXPLANATORY STATEMENT



Explanation of the project and consent

Thank you for your interest in participating in this research project.

Please take the time to read this information carefully. You can also download a full copy [HERE](#).

After you have read the information, and if you're happy to take part, please go to the next page.
Moving to the next page shows your consent to participate in this study.

What is this research about?

The current study seeks to validate and create a shortened version of the Sexual Minority Adolescent Rejection Sensitivity Scale. Rejection sensitivity reflects both a cognitive process (i.e., the perceived likelihood of rejection) and an affective process (i.e., concern or anxiety about rejection), and is a stressor experienced by LGBTQ+ populations. We are also interested in exploring the association of rejection sensitivity with other minority stressors, such as internalised homo- and trans-negativity, identity concealment and emotion dysregulation.

This research project will involve you engaging in brief 10-15-minute long survey answering several questions. Participation in this study is *voluntary*, and you are *free to withdraw* at any time without any repercussions.

Who can participate?

We are looking for young people and emerging adults **who were assigned male at birth and identify as LGBTQ+**, live in Australia, and who are part of Gen-Z (born from 1997 and onward). Please note, you must be 16 years or older to participate in the current study.

What will happen to the information I provide?

The data associated with this study will be stored in accordance with Monash University regulation and be kept on an encrypted and password-protected electronic filing system. The password-protected electronic files will be kept for five years, after which the data will be destroyed appropriately.

The results of this study may be made available in public documents, presentations and discussions of study findings, research posters, journal articles and conferences. However, **no identifying information will be published, all data will be de-identified.** The de-identified results of this study will be included in an academic thesis and potentially in peer reviewed journal manuscripts, academic publications, and grant applications.

Confidentiality

Any personal information obtained during this research will be treated as confidential, including from parents and guardians. Any identifiable information will be kept in secure storage (password protected) and only accessible by members of the research team. Only de-identified data will be shared with team members external to Monash University.

Reimbursement

For your participation in the project you may enter into a randomised prize draw to receive one of seven \$35 eGift cards. To maintain the anonymity of your responses, you will be redirected to a new form at the end of this survey to enter your details to go into the draw. Your identifiable contact details will not be linked to your responses. Only one entry per participant is permitted.

What are the possible risks and how will your welfare be protected?

Considering the topics of investigation you may experience unpleasant feelings while reflecting on these experiences. You do not have to answer any questions that you do not feel comfortable with and may leave questions blank at any time for any reason. Finally, it is possible that other people could see that you are participating in a study about LGBTQ+ identity if you complete the questionnaires in a place that is not private, or if other people have access to the contact details you provide us (i.e., email address). If you want your involvement in our study to remain private from other people, please fill out the questionnaire in a private place, and use an email address that other people do not have access to. In the unlikely event of significant distress, termination of participation and referral to relevant clinical services will be offered. Responses to the surveys will not be monitored in real-time, so if feeling distressed or in a crisis, below are some organisations and services in Australia that can offer help:

Kids Helpline

A confidential and anonymous, telephone and online counselling service specifically for young people aged 5 to 25.

Phone: 1800 55 1800

Website: www.kidshelpline.com.au

Lifeline

A national charity providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services.

Phone: 13 11 14

Website: www.lifeline.org.au

Headspace

Free and anonymous support in mental health and wellbeing, physical and sexual health, work and study support, and alcohol and other drug services.

Phone: 1800 650 890

Website: www.headspace.org.au

Switchboard

A community-based not for profit organisation that provides a peer based, volunteer run support service for LGBTQIA+ people and their friends, families and allies.

Website: www.switchboard.org.au

Participation

Your responses will be kept anonymous, are confidential (unless required by law) and your participation in this research is voluntary. You have the right to withdraw at any point during the study, for any reason. If you choose to continue, please complete all questionnaire items yourself. If you do not want to answer a particular question, please click the "Next" arrow and leave the answer blank, or select the option "prefer not to say", where applicable.

By continuing, you consent to the following:

- You will be asked to complete questionnaires about your experience of social rejection, emotion regulation, and stress experiences.
- You will be asked to provide basic demographic information (i.e., your ethnicity, sexual orientation, gender identity, etc).

If you agree to continue, you acknowledge:

- The project has been explained clearly, and that you have had the opportunity to contact the research team to ask additional questions.
- Your participation is voluntary, and you are free to withdraw your consent at any time.
- You understand that if you withdraw from the study, any data which has already been collected may still be used as the survey is kept anonymous.
- You understand that any data the researcher extracts from the study for use in reports or published findings will not, under any circumstances, contain names or identifying characteristics. You will remain anonymous at all times in any reports or publications based on the project.
- You understand that the data from questionnaires and devices will be kept in secure storage only accessible to the research team.

Where can I get further information?

If you would like further information regarding any aspect of this project, you are encouraged to contact the research team via: milestones-study@monash.edu

Thank you.

William Warton, Dr Wouter Kiekens, Dr Michelle Byrne, A/Prof Kelly Allen
Monash University

Do you consent to participate?

- Yes
- No



DEMOGRAPHICS



Some questions about you

Please take a few minutes to complete the following questions.

How old are you currently?

Please select from the drop-down menu.

Are you currently in secondary school (high-school)?

- Yes (please state your year level):
- No
- Prefer not to say

Are you currently in any higher education, training or working?

- Yes (please describe):
- No
- Prefer not to say

Which currently best describes your sexual identity?

Please select all that apply.

- Lesbian
- Mostly attracted to girls
- Gay
- Mostly attracted to boys
- Bisexual
- Pansexual
- Queer
- Questioning
- Asexual
- My preferred sexual identity (or at least one of them) isn't listed - Please specify:
- Prefer not to say

Which currently best describes your gender identity?

Please select all that apply.

- Female / woman
- Male / man
- Non-binary
- Trans / gender diverse
- Questioning
- I would use different terms - Please specify:
- Prefer not to say

What was/is your sex assigned at birth (i.e., on your birth

certificate)?

- Male
- Female
- Intersex
- Prefer not to say

In which Australian state/territory do you currently live?

- Australian Capital Territory
- New South Wales
- Northern Territory
- Queensland
- South Australia
- Tasmania
- Victoria
- Western Australia

How would you describe the area where you live?

- Metropolitan (city or suburb)
- Regional (town or small city)
- Remote (rural or outback)
- Other - Please specify:

Which of the following best represents your cultural background?

Please select all that apply.

- Indigenous (e.g., Aboriginal, Torres Strait Islander, Māori)
- Anglo-Celtic (e.g., Australian, New Zealand, British)
- European (e.g., Italian, Greek, German)
- Asian (e.g., Chinese, Vietnamese, Indian)
- African (e.g., Sudanese, Somali)
- Middle Eastern (e.g., Lebanese, Iranian)
- Latin American (e.g., Brazilian, Colombian)

- Pacific Islander (e.g., Fijian, Tongan)
- North American (e.g., American, Canadian)
- Jewish
- Multiracial/Multiethnic/Mixed race
- Other - Please specify:
- Prefer not to say

Do you currently have a disability?

Disability includes ongoing medical or mental health conditions that have lasted, or are likely to last, 6 months or more.

- Yes - Please specify:
- No
- Prefer not to say

Do you identify as being neurodiverse?

Neurodiversity includes, among others: ADHD, autism, dyslexia, dyspraxia, other learning disabilities.

- Yes - Please specify:
- No
- Prefer not to say



AttentionCheck1

This is an attention check to filter out fake responses. Please select 'strongly agree' to show you are paying attention to this question.

- Strongly disagree
- Somewhat disagree

- Neither agree nor disagree
- Somewhat agree
- Strongly agree

ExpectedRejection



In the last month (~30 days) have you been anxious something negative would happen **related to your sexual orientation?** For example, harmful jokes, inappropriate questions, being excluded, or being called names.

- Completely Disagree
- Disagree
- Neutral
- Agree
- Completely Agree

In the last month (~30 days) have you been anxious something negative would happen **related to your gender identity?** For example, harmful jokes, inappropriate questions, being excluded, or being called names.

- Completely Disagree
- Disagree
- Neutral
- Agree
- Completely Agree



SMA-RSS



We are now going to present you with several situations. They all start with 'Imagine that...'. Try to imagine as best as possible what this situation would be like for you present day. After every situation, there are two questions. Please do your best to complete all scenarios.

Some of these situations involve a same-sex/gender, multiple sexes, and/or non-binary partner; read these situations according to your sexual orientation/ chosen partner. Some of the situations take place at school/university/work; read these as whatever context is currently most relevant to you.

Imagine that you are walking through the hallway at school/university/work and a group of students/peers/colleagues is walking in your direction. When you pass them some of them start to laugh.

How concerned or anxious would you be that they are laughing because of your sexual orientation?

Very
unconcerned -

1

2 3

4 5

4 5

 Very
concerned - 6

How likely is it that they are laughing because of your sexual orientation?

Very unlikely -

1

2 3

4 5

Very likely - 6

Imagine that you are instructed to work on an assignment/task with a partner and no one wants to work with you.

How concerned or anxious would you be that no one wants to work with you because of your sexual orientation?

Very
unconcerned -

1

2 3

4 5

 Very
concerned - 6

How likely is it that no one wants to work with you because of your sexual orientation?

Very unlikely -

1

2 3

4 5

Very likely - 6

Imagine that a group of classmates/peers/colleagues are whispering together. They look in your direction and then continue to talk.

How concerned or anxious would you be that they are whispering about you because of your sexual orientation?

Very

unconcerned -

1

2 3

4 5

Very

concerned - 6

How likely is it that they are whispering about you because of your sexual orientation?

Very unlikely -

1

2 3

4 5

Very likely - 6

Imagine that you are watching a series with a LGBT character in it. One of your parents enters the room and says that there are too many gay people on TV.

How concerned or anxious would you be that they would accept you less because of your sexual orientation?

Very

unconcerned -

1

2 3

4 5

Very

concerned - 6

How likely is it that they would accept you less because of your sexual orientation?

Very unlikely -

1

2 3

4 5

Very likely - 6

Imagine that someone in your family makes a joke about LGBT people.

How concerned or anxious would you be that this person will not accept you because of your sexual orientation?

Very
unconcerned -

1

2 3

4 5

Very
concerned - 6

How likely is it that this person will not accept you because of your sexual orientation?

Very unlikely -

1

2 3

4 5

Very likely - 6

Imagine that you are watching TV with your parents. There is a program/show about LGBT rights on TV. They change the channel.

How concerned or anxious would you be that they would accept you less because of your sexual orientation?

Very
unconcerned -

1



2 3



4 5



Very
concerned - 6



How likely is it that they would accept you less because of your sexual orientation?

Very unlikely -

1



2 3



4 5



Very likely - 6



A-RSQ



We are now going to present you with several other situations. Try to imagine as best as possible what this situation would be like for you **present day**. After every situation, there are two questions. Please do your best to complete **all** scenarios.

You ask your parents or another family member for a loan to help you through a difficult financial time.

How concerned or anxious would you be over whether or not your family would want to help you?

Very
unconcerned -

1

2 3

4 5

Very
concerned - 6

I would expect that they would agree to help as much as they can.

Very unlikely -

1

2 3

4 5

Very likely - 6

You approach a close friend to talk after doing or saying something that seriously upset them.

How concerned or anxious would you be over whether or not your friend would want to talk with you?

Very

unconcerned -

1

2 3

4 5

Very

concerned - 6

I would expect that they would want to talk with me to try to work things out.

Very unlikely -

1

2 3

4 5

Very likely - 6

You bring up the issue of sexual protection with your significant other and tell them how important you think it is.

How concerned or anxious would you be over their reaction?

Very
unconcerned -

1

2 3

4 5

Very
concerned - 6

I would expect that they would be willing to discuss our possible options without getting defensive.

Very unlikely -

1

2 3

4 5

Very likely - 6

You ask your supervisor for help with a problem you have been having at work.

How concerned or anxious would you be over whether or not the person would want to help you?

Very
unconcerned -

1

2 3

4 5

Very
concerned - 6

I would expect that they would want to try to help me out.

Very unlikely -

1

2 3

4 5

Very likely - 6

After a bitter argument, you call or approach your significant other because you want to make up.

How concerned or anxious would you be over whether or not your significant other would want to make up with you?

Very
unconcerned -

1

2 3

4 5

 Very
concerned - 6

I would expect that they would be at least as eager to make up as I would be.

Very unlikely -

1

2 3

4 5

Very likely - 6

You ask your parents or other family members to come to an occasion important to you.

How concerned or anxious would you be over whether or not they would want to come?

Very
unconcerned -

1

2 3

4 5

 Very
concerned - 6

I would expect that they would want to come.

Very unlikely -

1

2 3

4 5

Very likely - 6

At a party, you notice someone on the other side of the room that you'd like to get to know, and you approach them to try to start a conversation.

How concerned or anxious would you be over whether or not the person would want to talk with you?

Very

unconcerned -

1

2 3

4 5

Very

concerned - 6

I would expect that they would want to talk with me.

Very unlikely -

1

2 3

4 5

Very likely - 6

Lately you've been noticing some distance between yourself and your significant other, and you ask them if there is something wrong.

How concerned or anxious would you be over whether or not they still love you and want to be with you?

Very

unconcerned -

1

2 3

4 5

Very

concerned - 6

I would expect that they will show sincere love and commitment to our relationship no matter what else may be going on.

Very unlikely -

1

2 3

4 5

Very likely - 6

You call a friend when there is something on your mind that you feel you really need to talk about.

How concerned or anxious would you be over whether or not your friend would want to listen?

Very
unconcerned -

1



2 3



4 5



Very
concerned - 6



I would expect that they would listen and support me.

Very unlikely -

1



2 3



4 5



Very likely - 6



Mini-DASS



Please report how often in the last month (~30 days) you have experienced each of the following:

I felt that I had nothing to look forward to

- Does not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me to a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I was unable to become enthusiastic about anything

- Does not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me to a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I felt I wasn't worth much as a person

- Does not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me to a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I felt that life was meaningless

- Does not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me to a considerable degree, or a good part of the time

- Applied to me very much, or most of the time

I experienced trembling (e.g., in the hands)

- Does not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me to a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I was worried about situations in which I might panic and make a fool of myself

- Does not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me to a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I was aware of the action of my heart in the absence of physical exertion (e.g., sense of heart rate increase, heart missing a beat)

- Does not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me to a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I felt scared without any good reason

- Does not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me to a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I found it hard to wind down

- Does not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me to a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I felt that I was using a lot of nervous energy

- Does not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me to a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I found myself getting agitated

- Does not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me to a considerable degree, or a good part of the time
- Applied to me very much, or most of the time

I found it difficult to relax

- Does not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me to a considerable degree, or a good part of the time
- Applied to me very much, or most of the time



AttentionCheck2

This is an attention check to filter out fake responses. Please select 'somewhat agree' to show you are paying attention to this question.

- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree

- Somewhat agree
- Strongly agree

RCADS - Depression



Please report how often each of these things happen to you. There are no right or wrong answers.

I feel sad or empty

- Never
- Sometimes
- Often
- Always

Nothing is much fun anymore

- Never
- Sometimes
- Often
- Always

I have trouble sleeping

- Never
- Sometimes
- Often
- Always

I have problems with my appetite

- Never
- Sometimes
- Often
- Always

I have no energy for things

- Never
- Sometimes
- Often
- Always

I am tired a lot

- Never
- Sometimes
- Often
- Always

I cannot think clearly

- Never
- Sometimes
- Often
- Always

I feel worthless

- Never
- Sometimes
- Often
- Always

I feel like I don't want to move

- Never

- Sometimes
- Often
- Always

I feel restless

- Never
- Sometimes
- Often
- Always



RCADS - Anxiety



Please report how often each of these things happen to you. There are no right or wrong answers.

I worry about things

- Never
- Sometimes
- Often
- Always

I worry that something awful will happen to someone in my family

- Never
- Sometimes
- Often
- Always

I worry that bad things will happen to me

- Never
- Sometimes
- Often
- Always

I worry that something bad will happen to me

- Never
- Sometimes
- Often
- Always

I worry about what is going to happen

- Never
- Sometimes
- Often
- Always

I think about death

- Never
- Sometimes
- Often
- Always



EISS



The following questions refer to your sexual and/or gender identity. Over the last month (~30 days), have you experienced any of the following? **Please select all that apply.** If the item is not applicable, select "No."

I was targeted or harassed because of my identity.

- Yes - sexual identity
- Yes - gender identity
- No

I saw or heard negative, hurtful, or offensive messages or stereotypes about my identity or people with the same identity.

- Yes - sexual identity
- Yes - gender identity
- No

I was ignored, isolated, or made to feel invisible because of my identity.

- Yes - sexual identity
- Yes - gender identity
- No

I was misunderstood because of my identity.

- Yes - sexual identity
- Yes - gender identity
- No

People stared at me because of my identity.

- Yes - sexual identity
- Yes - gender identity
- No

I was not accepted because of my identity.

- Yes - sexual identity
- Yes - gender identity
- No

Someone made me feel uncomfortable or unsafe because of my identity.

- Yes - sexual identity
- Yes - gender identity
- No

My identity interfered with my life.

- Yes - sexual identity
- Yes - gender identity
- No

Someone made me feel less of a human because of my identity.

- Yes - sexual identity
- Yes - gender identity
- No



IDENTITYCONCEALSEX



Identity Concealment

Use the following rating scales to indicate how open you are about your sexual orientation to the people listed below. Try to respond to all of the items, but leave items blank if they do not apply to you. If an item refers to a group of people (e.g., work peers), then indicate how out you generally are to that group.

When we refer to any new and old cisgender/ straight friends, we are referring to friends who do not identify as LGBTQ+ (they may still be an ally). New friends is in reference to any new friends or friend groups you may have formed recently, old friends is in reference to existing or current people or groups you are friends with, or used to be friends with.

mother:

- person definitely does NOT know about your sexual orientation status
- person might know about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, and it is SOMETIMES talked about
- person definitely knows about your sexual orientation status, and it is OPENLY talked about
- not applicable to your situation; there is no such person or group of people in your life

father:

- person definitely does NOT know about your sexual orientation status
- person might know about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, and it is SOMETIMES talked about
- person definitely knows about your sexual orientation status, and it is OPENLY talked about
- not applicable to your situation; there is no such person or group of people in your life

siblings (sister, brother):

- person definitely does NOT know about your sexual orientation status
- person might know about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, and it is SOMETIMES talked about
- person definitely knows about your sexual orientation status, and it is OPENLY talked about
- not applicable to your situation; there is no such person or group of people in your life

extended family/relatives:

- person definitely does NOT know about your sexual orientation status
- person might know about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, and it is SOMETIMES talked about
- person definitely knows about your sexual orientation status, and it is OPENLY talked about
- not applicable to your situation; there is no such person or group of people in your life

my new cisgender/straight friends:

- person definitely does NOT know about your sexual orientation status
- person might know about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, and it is SOMETIMES talked about
- person definitely knows about your sexual orientation status, and it is OPENLY talked about
- not applicable to your situation; there is no such person or group of people in your life

my work peers:

- person definitely does NOT know about your sexual orientation status
- person might know about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, and it is SOMETIMES talked about
- person definitely knows about your sexual orientation status, and it is OPENLY talked about
- not applicable to your situation; there is no such person or group of people in your life

my work supervisor(s):

- person definitely does NOT know about your sexual orientation status
- person might know about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, and it is SOMETIMES talked about
- person definitely knows about your sexual orientation status, and it is OPENLY talked about
- not applicable to your situation; there is no such person or group of people in your life

members of my religious community:

- person definitely does NOT know about your sexual orientation status
- person might know about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, and it is SOMETIMES talked about
- person definitely knows about your sexual orientation status, and it is OPENLY talked about
- not applicable to your situation; there is no such person or group of people in your life

leaders of my religious community:

- person definitely does NOT know about your sexual orientation status
- person might know about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, and it is SOMETIMES talked about
- person definitely knows about your sexual orientation status, and it is OPENLY talked about
- not applicable to your situation; there is no such person or group of people in your life

strangers, new acquaintances:

- person definitely does NOT know about your sexual orientation status
- person might know about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, and it is SOMETIMES talked about
- person definitely knows about your sexual orientation status, and it is OPENLY talked about
- not applicable to your situation; there is no such person or group of people in your life

my old cisgender/straight friends:

- person definitely does NOT know about your sexual orientation status
- person might know about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is NEVER talked about
- person probably knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, but it is RARELY talked about
- person definitely knows about your sexual orientation status, and it is SOMETIMES talked about
- person definitely knows about your sexual orientation status, and it is OPENLY talked about
- not applicable to your situation; there is no such person or group of people in your life



DERS-16



Please indicate how often the following statements apply to you by selecting the appropriate rating (1–5) for each item. If unsure, take your best guess.

I have difficulty making sense out of my feelings

- 1 - Almost never
- 2 - Sometimes
- 3 - About half the time
- 4 - Most of the time
- 5 - Almost always

I am confused about how I feel

- 1 - Almost never
- 2 - Sometimes
- 3 - About half the time
- 4 - Most of the time
- 5 - Almost always

When I am upset, I have difficulty getting work done.

- 1 - Almost never
- 2 - Sometimes
- 3 - About half the time
- 4 - Most of the time
- 5 - Almost always

When I am upset, I become out of control.

- 1 - Almost never
- 2 - Sometimes
- 3 - About half the time
- 4 - Most of the time
- 5 - Almost always

When I am upset, I believe that I will remain that way for a long time.

- 1 - Almost never
- 2 - Sometimes
- 3 - About half the time
- 4 - Most of the time
- 5 - Almost always

When I am upset, I believe that I'll end up feeling very depressed.

- 1 - Almost never

- 2 - Sometimes
- 3 - About half the time
- 4 - Most of the time
- 5 - Almost always

When I am upset, I have difficulty focusing on other things.

- 1 - Almost never
- 2 - Sometimes
- 3 - About half the time
- 4 - Most of the time
- 5 - Almost always

When I am upset, I feel out of control.

- 1 - Almost never
- 2 - Sometimes
- 3 - About half the time
- 4 - Most of the time
- 5 - Almost always

When I am upset, I feel ashamed with myself for feeling that way.

- 1 - Almost never
- 2 - Sometimes
- 3 - About half the time
- 4 - Most of the time
- 5 - Almost always

When I am upset, I feel like I am weak.

- 1 - Almost never
- 2 - Sometimes
- 3 - About half the time
- 4 - Most of the time
- 5 - Almost always

When I am upset, I have difficulty controlling my behaviours.

- 1 - Almost never
- 2 - Sometimes
- 3 - About half the time
- 4 - Most of the time
- 5 - Almost always

When I am upset, I believe that there is nothing I can do to make myself feel better.

- 1 - Almost never
- 2 - Sometimes
- 3 - About half the time
- 4 - Most of the time
- 5 - Almost always

When I am upset, I become irritated with myself for feeling that way.

- 1 - Almost never
- 2 - Sometimes
- 3 - About half the time
- 4 - Most of the time
- 5 - Almost always

When I am upset, I start to feel very bad about myself.

- 1 - Almost never
- 2 - Sometimes
- 3 - About half the time
- 4 - Most of the time
- 5 - Almost always

When I am upset, I have difficulty thinking about anything else.

- 1 - Almost never

- 2 - Sometimes
- 3 - About half the time
- 4 - Most of the time
- 5 - Almost always

When I am upset, my emotions feel overwhelming.

- 1 - Almost never
- 2 - Sometimes
- 3 - About half the time
- 4 - Most of the time
- 5 - Almost always



InternalisedHomonegativity



Please mark the response that best indicates your current experience as an LGBQ+ person.
Please be as honest as possible and indicate how you really feel now, not how you think you should feel.

If it were possible, I would choose to be straight

- Disagree Strongly
- Disagree
- Disagree Somewhat

- Agree Somewhat
- Agree
- Agree Strongly

I wish I were heterosexual

- Disagree Strongly
- Disagree
- Disagree Somewhat
- Agree Somewhat
- Agree
- Agree Strongly

I believe it is unfair that I am attracted to people of the same sex

- Disagree Strongly
- Disagree
- Disagree Somewhat
- Agree Somewhat
- Agree
- Agree Strongly



Prize Raffle



Thank you for your participation. Your participation plays a crucial role in advancing our understanding of the experience of rejection sensitivity as a minority stress and its impact on mental health. We appreciate the time and thoughtfulness you have dedicated to completing our survey.

If you wish to be entered into the raffle to win one of the 7x \$35 eGift cards, please follow [THIS LINK](#) and enter your email address.

Once you have entered your email, please return to this survey and follow the "Next" button to submit your responses. If you do not wish to be entered into the raffle, please just follow the "Next" button to submit your responses.

We understand as you reflect on these topics, you might feel uneasy. Keep in mind that your survey responses aren't looked at by the research team in real-time. If you're in crisis or struggling, here are some organizations in Australia that can help:

Kids Helpline

A confidential and anonymous, telephone and online counselling service specifically for young people aged 5 to 25.

Phone: 1800 55 1800

Website: www.kidshelpline.com.au

Lifeline

A national charity providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services.

Phone: 13 11 14

Website: www.lifeline.org.au

Headspace

Free and anonymous support in mental health and wellbeing, physical and sexual health, work and study support, and alcohol and other drug services.

Phone: 1800 650 890

Website: www.headspace.org.au

Switchboard

A community-based not for profit organisation that provides a peer based, volunteer run support service for LGBTQIA+ people and their friends, families and allies.

Website: www.switchboard.org.au



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